

# R.E.A.C.T.

Take care of yourself. Take care of others. It matters.

## RECOGNIZE

the signs of emotional suffering

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## EXPRESS

concern and offer support

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## ACT NOW

and talk to someone you trust - parent, teacher, coach, relative, friend, doctor

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## CARE

enough to follow through and follow up

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## TEXT 'SIGNS'

to 741-741 or call 1-800-273-8255 (TALK)\*

\*For substance abuse concerns, call 844-711-HELP or visit [nhtreatment.org](http://nhtreatment.org)